

**Amendments to the Claims:**

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

1. (Withdrawn) A non-stick surface comprising a porous metal-ceramic layer wherein the pores are impregnated with an inert release agent and wherein said surface comprises a plurality of flat, bare metal-ceramic areas interspaced between and substantially co-planar with surfaces of the impregnated release agent.
2. (Withdrawn) The non-stick surface of claim 1 applied to cookware.
3. (Withdrawn) Cookware comprising a substrate having a non-stick surface applied on a cooking surface of the cookware, said non-stick surface comprising a plurality of flat, bare metal-ceramic areas interspaced between and substantially co-planar with surfaces of the impregnated release agent.
4. (Withdrawn) The cookware of claim 3 in the form of a fry pan, saucepan, sauté pan, stockpot, stir fry pan, grill pan, griddle or waffle plate.
5. (Withdrawn) The cookware of claim 3 wherein the porous metal-ceramic layer is one selected from the group comprising chromium oxide, silicon carbide, titanium oxide, titanium-alumina, and the like, having a porosity of between 5-15 volume %.
6. (Withdrawn) The cookware of claim 3 wherein the inert release agent is a cured silicon resin.
7. (Withdrawn) The cookware of claim 3 wherein the substrate is made from a composite multi-layered construction, including one or more layers of aluminum and stainless steel.

8. (Withdrawn) The cookware of claim 3 wherein the metal-ceramic layer has a thickness of about 0.002 to 0.006 inch and is applied by one of arc spraying, plasma spraying or oxyacetylene spraying.

9. (Withdrawn) The cookware of claim 3 wherein the non-stick surface has a polished surface.

10. (Withdrawn) The cookware of claim 9 wherein the polished surface has a smoothness of less than about 10 ra.

11. (Currently Amended) A method for making cookware having a non-stick surface, comprising the steps of:

- (a) providing a substrate in a desired cookware configuration;
- (b) preparing a surface of the substrate to remove dirt, grease, or other surface impurities;
- (c) applying a metal-ceramic layer by high temperature spraying to the prepared surface of step (b) to provide a controlled porosity of between about 5-15% by volume in said metal-ceramic layer and having a plurality of upstanding sharp peaks;
- (d) vacuum impregnating pores of said metal-ceramic layer with a liquid release agent;
- (e) thermally curing the impregnated liquid release agent; and
- (f) smoothing the impregnated metal-ceramic layer by removing the upstanding sharp peaks of metal ceramic to provide a non-stick surface defined by flat bare metal-ceramic portions and flat impregnated ~~ure~~ cured release agent areas substantially co-planar therewith.

12. (Currently Amended) The method of claim 11 wherein the metal-ceramic layer is one or more selected from the group ~~comprising~~ consisting of chromium oxide, silicon carbide, titanium oxide, molybdenum oxide and titanium-alumina and is applied by one of high temperature arc spraying, plasma spraying or oxyacetylene spraying ~~and has a porosity of between 5-15% by volume~~.

13. (Original) The method of claim 11 wherein the metal-ceramic layer is applied to a thickness of between 0.002 to 0.006 inch.

14. (Currently Amended) The method of claim 11 wherein the thickness of the metal-ceramic layer is about 0.004 inch and has a porosity of about 7% by volume.

15. (Currently Amended) The method of claim 11 wherein the liquid release agent is silicone resin, ~~and wherein the impregnating step (d) takes place under a vacuum,~~ and wherein the thermal curing step (e) takes place at a temperature of about 550°F.

16. (Original) The method of claim 11 wherein the smoothing step (f) includes mechanical polishing to provide a non-stick surface having a surface smoothness of less than 10 ra.

17. (New) The method of claim 11 wherein the metal-ceramic layer is chromium oxide having an applied thickness of about 0.004 inch and a porosity of about 7% by volume and wherein the liquid release agent is silicone resin.